



# Parenting News



We are a group of parents in Linn County who want to be supports to other parents. We have difficult kids or kids with difficult behaviors, and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between. Support with other parents has been a lifeline, and reminded us that we do not have to be alone.

## A Mother's Perspective

By Think:Kids Parents Blog

The following article excerpt was taken from the Think:Kids blog at <http://www.thinkkids.org/blog/?id=1> "A story about one family's experience of behavioral dysregulation" "An article in this past Sunday's [2/15/12] New York Times magazine by Melissa Greene captured our imagination and our hearts. This article details the journey of a family, whose adopted son, Iyal, has been diagnosed with fetal alcohol syndrome (FAS). Like many of the families we work with, Iyal and his family contend with significant behavioral explosions and implosions. Iyal's special relationship with this therapeutic service dog, Chancer, also figures centrally in this story.

"One of the things we most liked most about this article was

Donnie's (Iyal's mother) forthright description of what it feels like to be Iyal's mom. As Iyal became more and more explosive and oppositional she said, "I assumed everything was my fault, that I was not a good enough mother." We know what a widely shared sentiment this can be for parents with behaviorally dysregulated kids.

"Donnie goes on to describe the complexities of parenting a child like Iyal—complexities which many of our parents also experience first-hand. Donnie says, "We never considered dissolving the adoption. We fell in love with our son. . . staying in love with him has been trickier. People with brain injuries (referring

to his FAS) aren't able to reciprocate the love in the ways you expect. You're struggling with clusters of emotions towards your child—love, but also anger, bewilderment, resentment, frustration, and yearning. This open description captures many of the opposing yet equally true feelings that parents' of the kids we work with feel at times."

*It can be hard as a mother to realize that you have these emotions toward your child. We're "supposed" to have a "mother's love". However these feelings are normal, and you are not bad for feeling them and you are not alone.*



## Gardening

By Cy Larson

### Planting in May

Lima Beans	Snap Beans
Broccoli	Broccoli
Brussel Sprouts	Cabbage
Cantaloupe	Carrots
Cauliflower	Celery
Chard	Corn
Cucumbers	Eggplant
Kale	Onions
Parsley	Peas

Peppers	Pumpkins
Radishes	Spinach
Watermelon	Tomatoes
White Potatoes	
Summer/Winter Squash	

Frequent, shallow watering promotes root development in the surface layers of the soil. Plants with shallow roots are very susceptible to drought stress and

mechanical damage when weeding. Be careful not to overwater, which can cause your plants to drown.

Don't postpone watering when plants show signs of needing water. This can damage plants very quickly in hot weather. Checking the soil every day or two is best.

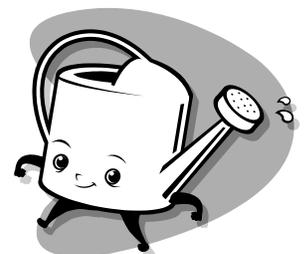
Watering in the hot sun can

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## Activities

- May 9th, (6:30p-7:30p), Pioneer Bedtime Story, Montieth House, Albany; free.
- May 10th 7:30p - May 12th 9p, play: "Agamemnon", LBCC Russell Tripp Performance Center
- May 19th (5p-10p), Sick Town Derby Dames, Roller Derby, Albany Fairgrounds
- May 31st-Jun 2nd Lebanon Strawberry Festival, Cheadle Lake, Lebanon
- Wed & Thurs (10:30a), Mon (7p), Storytime with a puppet show, Albany Public Library
- 3rd Mon every month, Lebanon Gardening Club, First Christian Church
- 1st Mon of month (6-8p), chess with pizza (free), Albany Main Library

burn leaves. Optimal watering time is just after the sun has passed over the garden for the day.



# Outdoor Corner

By Joel Wheeler

This year, if you're interested in fishing for Chinook Salmon, the place to be is Tillamook Bay this month. In the second half of May, sturgeon fishing along the Columbia should be quite good. If you're interested in a controlled large game hunt this fall, the deadline for entering the tag lottery is May 15th, with results out June 20th. For the kids, it may be worthwhile to investigate Finders Keepers in Lincoln City before the end of May.

Each year from the end of October through Memorial Day local glass artists release glass floats which can then be picked up at the beach, and taken to the Visitor's Center for info on the artist and a certificate. Special drops will be on May 5th, 6th, 12th, and 13th--make your way to the beach this year for a neat trinket.

For more info check out [www.oregoncoast.org/finders-keepers/](http://www.oregoncoast.org/finders-keepers/).

# In the Garden

Gardening is about enjoying the smell of things growing in the soil, getting dirty without feeling guilty, and generally taking the time to soak up a little peace and serenity. ~Lindley Karstens, [noproblemgarden.com](http://noproblemgarden.com)

You can bury a lot of troubles digging in the dirt. ~Author Unknown

Gardening is cheaper than therapy and you get tomatoes. ~Author Unknown

My green thumb came only as a result of the mistakes I made while learning to see things from the plant's point of view. ~H. Fred Dale

## Family Fun!!!

### Dirt and Worm Cups

#### Ingredients:

- 1 pkg instant chocolate pudding
- 2C cold milk
- 8oz frozen whipped topping
- 15 finely crushed Oreos
- gummy worms



#### Directions:

Prepare pudding to box directions; let stand 5 min.

Add 1/2 cookies and whipped topping. Fill paper or plastic cups, and top with the rest of the cookies and worms. Refrigerate for 1 hr, and then serve. Enjoy.

Alternative: Sand Cups  
Use vanilla pudding, Nilla wafers, and gummy fish.

Can you spot all 9 differences?



## Upcoming Group Schedule

**Albany** groups at Eastside Christian Church, 1910 Grand Prairie Rd.

CPS Phase 2: Thursdays 11:00-12:00.

CPS: Thursdays 5:45-7:45.

**Lebanon/Sweet Home** group at the Free Methodist Church, 580 F St.

In Lebanon. CPS: Tuesdays 12:30-2:30

Comments, questions? Contact us by phone or through e-mail: 541-971-0246 or [parentingquestions@hotmail.com](mailto:parentingquestions@hotmail.com).

To submit an article or feedback, write to [fsveditors@gmail.com](mailto:fsveditors@gmail.com) or talk to Crystal Rowell.

